

MIRIAM DR. KIRMAYER

Meet Dr. Miriam Kirmayer

ONE-LINER

Dr. Miriam Kirmayer is a **clinical psychologist, leading friendship expert**, and one of the **most influential speakers** on human connection and social support.

BRIEF BIO

Dr. Miriam Kirmayer is a **clinical psychologist, leading friendship expert**, and **one of the most influential speakers** on human connection and social support. With over a decade of research in the science of friendship, Dr. Miriam has developed a unique approach to **building, strengthening**, and **celebrating** our connections, as a way to invest in our personal, professional, and social growth.

Through her **inspiring keynotes, consulting work, media engagements**, and **courses**, Dr. Miriam helps people around the world **harness the power of human connection** to build resilient relationships, supportive workplaces, and deeply fulfilling lives.

In addition to helping businesses and organizations **bridge the connection divide** and create **powerful cultures of belonging**, she sits on the Mental Health Advisory Board of Wondermind and consults with The Foundation For Social Connection. Dr. Miriam regularly contributes research-driven insights and relatable advice to top outlets including The Atlantic, BBC, Forbes, The New York Times, Time, and more. **Get connected at MiriamKirmayer.com.**

FULL BIO

Dr. Miriam Kirmayer is a **clinical psychologist, leading friendship expert, and one of the most influential speakers** on human connection and social support. With over a decade of research in the science of friendship, Dr. Miriam's work has revolutionized the way we show up for, encourage, and mentor each other.

Empowering people and organizations to bridge the connection divide and co-create impactful connections and cultures.

A sought-after speaker, Dr. Miriam shares inspiring keynotes and workshops at corporate conferences, leadership summits, community-driven events, and leading academic and healthcare institutions. Her clients include The Aspen Institute, The Atlantic's In Pursuit Of Happiness summit, Canadian Women in Medicine, The Foundation For Social Connection, The Government of Canada, Entrepreneurs' Organization, and YPO.

Her hands-on research and relatable advice have helped companies around the world boost belonging, engagement, well-being, and mentorship—while giving their teams the tools that benefit them far beyond the workplace.

Laying the groundwork for real social change.

Dr. Miriam contributes her expertise as a psychological consultant to both the media and connection-driven organizations around the world, helping them bridge the growing gaps between research, policy, and our everyday approach to relationships, leadership, and mental health. She currently sits on the Mental Health Advisory Committee for Wondermind, a mental fitness company co-founded by Selena Gomez and Mandy Teefey and is a trusted consultant for The Foundation For Social Connection.

Leading (and listening to) how we talk about friendship, loneliness, and support.

Dr. Miriam has interviewed hundreds of people to capture what it really takes to create closer friendships and resilient relationships. She has supported and coached countless more through her clinical and consulting work. A leading voice in the media, Dr. Miriam regularly contributes research-driven insights and relatable advice to top outlets including The Atlantic, BBC, Financial Times, Forbes, The Guardian, The New York Times, Psychology Today, TIME, and The Wall Street Journal. She is also a frequent guest on television shows and podcasts, ranging from The Today Show and Call Her Daddy to NPR. Dr. Miriam inspires people worldwide to recognize that we're all at our happiest and healthiest when we invest in the moments that matter—and the connections that count.

Dr. Miriam Kirmayer received her Ph.D. from McGill University and lives in Montreal, Canada with her husband and their two curious and spirited sons.

Find a better way to connect at MiriamKirmayer.com.